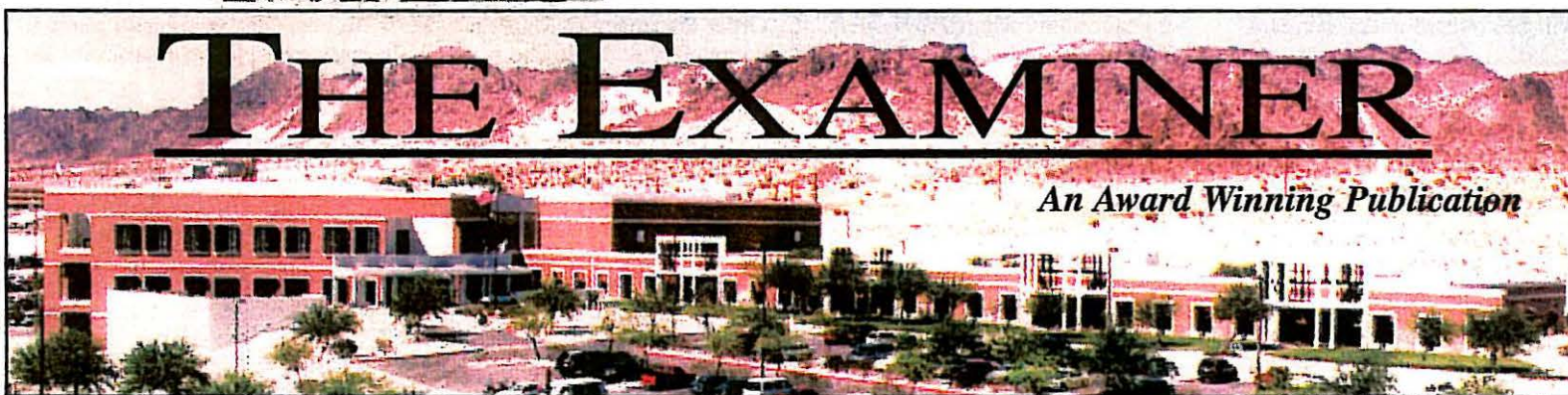


We Won't Forget Our Deployed Crew

Robert E. Bush
Naval HospitalCheck out our
Superstars on
page 4

THE EXAMINER

An Award Winning Publication



www.nhtp.med.navy.mil

By Dan Barber, Public Affairs Officer
Robert E. Bush Naval Hospital

Martha Hunt, Health Promotions Coordinator at the Robert E. Bush Naval Hospital has been selected to join the Navy's Tobacco Cessation Action Team (TCAT).

This panel will study the best methods for incorporating Smoking Cessation programs throughout the Navy and Marine Corps.

Hunt is the only Health Promotions Coordinator in the Navy to be

Heat Safety and Prevention... What do those Colored Flags Mean?

By Lt.j.g. T.W. Nelson, Industrial Hygiene Officer and
Lt.j.g. T. Buttke, Environmental Health Officer
Robert E. Bush Naval Hospital

Have you ever noticed the colored flags flying at different locations around the base and wondered what they meant?

It can get fairly hot in the desert, up to 130 degrees Fahrenheit in the summer, and these flags help Combat Center service members, civilians, and families know the risks associated with performing outdoor activities during varying levels of heat severity.

Determining the current flag condition is more than just how hot the air feels outside. Several other environmental factors contribute to the flag condition to include wind velocity, humidity, and how much radiant heat is produced. The resultant value is Wet Bulb Globe Temperature (WBGT) Index. This is a measurement used to determine the overall heat load and equate it to appropriate preventive measures and operational postures based on the type of physical activities being performed. Additionally, this value is used to determine

Continued on page 7

selected to this team.

Hunt is a familiar face at the Marine Corps Air Ground Combat Center to hundreds if not thousands of Marines and Sailors, Retirees and family members who have taken one of her Smoking Cessation classes at the hospital over the past few years.

Since Hunt came to work at the hospital in 2000 she has taken a proactive approach in planning, organization, and implementation of health education programs based on DoD health promotion guidelines. In addition to the base wide tobacco cessation program, other ongoing programs Hunt is active with include the Sexual Assault Victim Intervention (SAVI) program, HIV education, and Cyber-safety program.

If she isn't busy enough with all this, Hunt also maintains the Health Promotions departmental web site, educational tool development, and JCAHO guided patient education Standard Operating Procedure evaluation. She also manages to author a monthly Health Column for the hospital's newspaper "The Examiner," plus a myriad of other health promotions related activities.

Hunt was selected to serve on the Bureau of Medicine and Surgery's TCAT not only because of her extensive educational background, but because of her proven record since coming to work at the Robert E. Bush Naval Hospital and her dedicated efforts for bettering the lives of the hospital's beneficiaries.



Inside...

What do I need to do when I have orders but they are on the other side of the country or the world?
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In the last stages of life, I care and comfort await patients and their loved ones.
page 3

Famous last words of pregnant moms just before they are admitted to the hospital for dehydration. Unfortunately, our thirst mechanism does not always keep up with our need for water, and for many of us, we are not accustomed to the desert and its effects on our bodies and on the condition of pregnancy.
page 6

The sun is brilliantly shining, summer has officially begun...but when you open your door, you might as well be walking into the oven!
page 6

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What happens to my Tricare benefits when I PCS?

What do I need to do when I have orders but they are on the other side of the country or the world? As an active duty member and a military family, you are probably used to moving every few years. But what some one in my family is being seen for something specific?

A move to another region for Tricare prime enrollees, simply means that you have to change

your primary care managers (PCMs). You can select your new PCM by contacting your new local MTF. If there are no MTFs in the service members new duty assignment, the active duty member can use the Tricare Prime Remote Program to primary care from civilian providers. Family members can call the Tricare regional phone number to learn if Tricare prime is available at new appointed place of duty. If Tricare prime is not available, family members will be covered under standard.

If after the PCS move, the member will not be using prime, they will be disenrolled after the move. Doing this after a move helps to ensure that if you have a medical emergency during the move, you will still be covered. If there is an emergency while traveling from duty station to duty station, go to the closest emergency room, then report it to your PCM with in 24 hours.

Upon check in to the members new command, contact your local MTF to complete the transfer and to change providers. They will receive a new Tricare enrollment card and local healthcare information. The enrollment is effective as soon as the contractor receives the completed checking paper work and PCM change has been completed. If the members chooses not

to change PCM from their last duty station, it can result in expensive point-of service paperwork.

Retirees and their families can choose to disenroll from Tricare prime at any time. Enrollment fees are not refundable, therefore retirees should make arrangements to make quarterly payments if they anticipate a move to anywhere to an area that does not have Tricare prime.

The Tricare National Mail Order Pharmacy (NMOP) is completely portable and is a good resource for anyone that may have a prescription refill during a PCS move. The pharmacy benefit may not be portable to some regions due to some restrictions between Tricare and some state laws. If a

member of your family needs medications, contact your home Health Care Finder (HCF) in their home region for guidance. The Tricare contractor in the PCS area where you are going may not have the same network of pharmacies as your home region. You may have to pay for the medications up front at many civilian pharmacies and later file a claim for reimbursement. If you do have to pay "out of pocket," it is a good idea to immediately upon checking in to your new command, immediately complete a claim form for reimbursement.

If you have any questions, the Tricare Service Center is located in the Naval Hospital and is open Monday-Friday from 7 a.m. to 5 p.m.

Sailors Warned Of VA Data Compromise

From Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) — The Department of Veterans Affairs (VA) announced June 3 that active-duty Sailors may be affected by the theft in May of military personnel data.

According to the VA, a duplicate database with data files was stolen from a VA employee's home May 3. While the VA has received no reports that the stolen data has been used for fraudulent purposes, they are asking all veterans to be extra vigilant and to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions.

Several resources are available for people to go to for more information. The Department of Veterans Affairs has set up a special Web site (www.firstgov.gov) and a toll-free telephone number (800-FED-INFO or 800-333-4636) that feature up-to-date news and information on the data compromise. The site offers tips on how to check credit reports, how to guard against identity theft and whom to call if an individual believes any fraudulent activity is occurring using his or her personal information.

The Navy and Department of Defense are working closely with the VA to determine how many Sailors and other service members may be affected by the compromise of records. Sailors whose information has been compromised will be notified by a letter from the VA and the Navy so they can take the appropriate steps.

Tips on how to watch for suspicious activity include the following: Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.

Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you are trying to obtain new credit.

It is only necessary to contact one of three companies to place an alert. That company is then required to contact the other two.

The three companies are Equifax (800-525-6285, www.equifax.com), Experian (888-397-3742, www.experian.com) and TransUnion (800-680-7289, www.transunion.com).

Once the fraud alert has been posted, you are entitled to free copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. The alert can be renewed after 90 days.

Sailors are advised to take the following steps if they discover fraudulent accounts or transactions:

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

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Continued on page 7

Hospice Care Provides Comfort for Terminal Patients, Families

By Mark Jecker
TriWest Healthcare Alliance

In the last stages of life, care and comfort await patients and their loved ones.

Hospice care fulfills physical, emotional, social and spiritual needs, focuses on maintaining the patient's quality of life during these final stages, and prepares everyone for the dying process, death and the period of bereavement.

Designed to support and comfort individuals of any age who have a potentially terminal condition and a prognosis of six months or less to live, Hospice care is a covered benefit for all TRICARE beneficiaries.

Hospice care effectively manages a patient's symptoms and provides supportive services for patients and their families. Unrelated conditions or injuries -- such as the flu or a broken bone -- are covered by the regular TRICARE benefit.

No Cost to Beneficiary
TRICARE's hospice benefit covers the full cost of all covered services relating to the terminal illness, except for small cost-share amounts that may be collected by the hospice provider for outpatient drugs and biologicals -- medical preparations made from living organisms and their products such as insulin and vaccines -- and inpatient respite care.

Electing Hospice through TRI-

CARE

A beneficiary diagnosed with a terminal illness, or an individual authorized to make decisions for the patient, may elect to utilize the TRICARE hospice benefit. 'Election' involves signing a statement with the chosen hospice, which is TRICARE- and Medicare-certified and accepts TRICARE, and agreeing to have the hospice provide all care related to the terminal illness. The patient's regular physician may still supervise his or her care with the assistance of the hospice medical director.

For TriWest beneficiaries, the hospice evaluation does not require authorization. All hospice services, however, do require authorization.

Duration of coverage

Hospice care is provided in three benefit periods: two 90-day periods and a third comprising an unlimited number of 60-day benefit periods. The TRICARE beneficiary must continue to meet hospice care criteria for all benefit periods.

A TRICARE beneficiary may transfer from one hospice

provider to another, one time, during any of the three hospice benefit periods. Such transfers require a signed and dated transfer document.

Revocation

Beneficiaries may revoke the hospice election at any time if, for example, they want to try a new treatment method for the terminal condition. A signed and dated revocation is required. They may reelect hospice services as early as the following day.

When the hospice election is formally revoked, the beneficiary may continue using the regular TRICARE program for medical care related to the terminal diagnosis.

For more information call 1-888-TRIWEST (1-888-874-9378), visit www.tricare.osd.mil or view and download the Hospice Foundation of America's brochure, Hospice Care & The Military Family -- A Guide to the TRICARE Hospice Benefit, at www.hospicefoundation.org/hfaPublications/brochures/.



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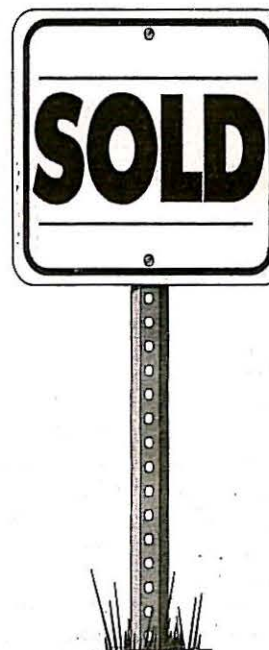
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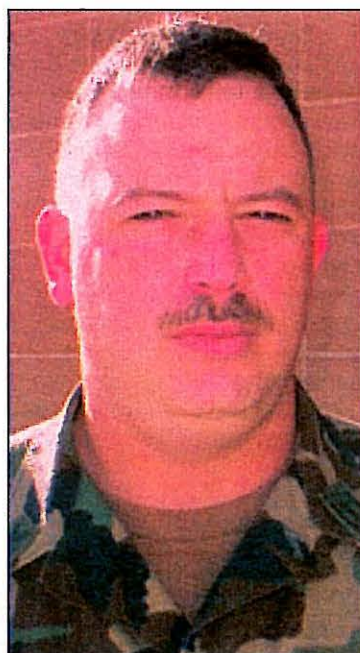
SK1 Harold Villaluz, Materials Management Department, takes the oath at his recent reenlistment ceremony.



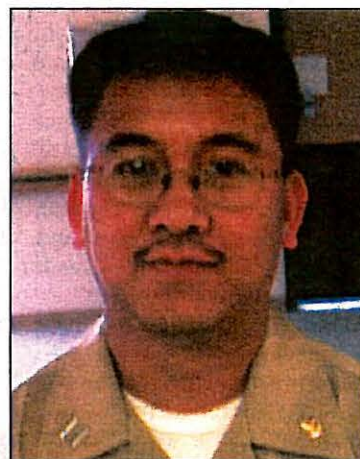
Lt. Cmdr. Maria Sheldrake, Optometrist, receives a Navy and Marine Corps Commendation Medal.



HN Tiffany White, Surgical Services, receives a Good Conduct Medal.



HM2 Michael Sandoval, Military Sick Call, receives a Navy and Marine Corps Achievement Medal at a recent ceremony held at Morning Muster for the Primary Care Clinic.



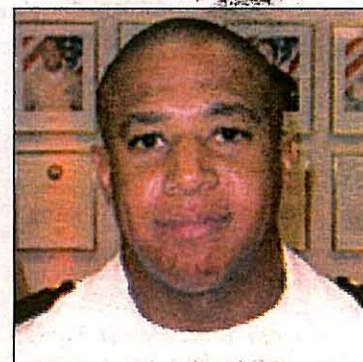
Lt. Virgilio Orena, Multi-Service Ward, is promoted to his current rank.



Lt. Andrew Romelhardt, Pharmacy, receives a Navy and Marine Corps Commendation Medal.



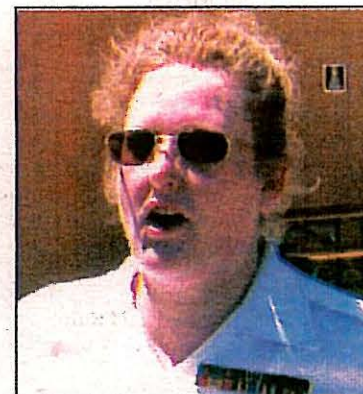
Lt. Elissa Larkin, Desert Beginnings, takes the oath at her recent promotion ceremony.



Lt.j.g. Ramaud Love, Material Management, receives a Navy and Marine Corps Commendation Medal.



Lt. Brian Ellis, Multi-Service Ward is promoted to his current rank.



HM2 Suzanne Ochoa, Patient Administration, in a recent reenlistment ceremony takes the oath.



From left to right, the following were recently frocked to their current rank: HM2 Mathew Watkins; HM3 Jared Chiaia; HM3 Song Chong, HM3 John Gustafson; HM3 Shane Horner; HM3 Jarrod Moran; HM3 Nicole Powers; HM3 Karen Shaw; Hm3 Aaron Wasson and HM3 Bradley Wiens. Not shown is HM2 Peter Poole, of the Branch Health Clinic at China Lake, Calif.

Dehydration... Water, Water, Not Enough Water

By Cmdr. Kathleen Hewitt, CNM/WHNP
Robert E. Bush Naval Hospital

"How can I be dehydrated, when I'm not even thirsty?"

Famous last words of pregnant moms just before they are admitted to the hospital for dehydration. Unfortunately, our thirst mechanism does not always keep up with our need for water, and for many of us, we are not accustomed to the desert and its effects on our bodies and on the condition of pregnancy.

During pregnancy, women should make sure that they are drinking plenty of water as the developing baby places ever greater demands on the mother's body. The baby itself is approximately 70-80 percent fluid, making up tissue, cells, and blood supply. Plus, the placenta and the amniotic fluid that surrounds the baby are almost entirely composed of fluid. Guess who else is about 70-80 percent fluid? Mom is! And the only way baby is going to get the amount of fluid it needs for healthy development is when mom has adequate fluid intake. When mom is behind with her water and fluid intake, it does not take long for baby to become dehydrated as well.

Besides directly affecting the baby's development and environment, if mom does not have enough fluid intake, much of her physical well-being is also directly affected by inadequate amounts of water. Mothers who are not drinking at least 12-15 glasses of fluid a day can experience more nausea and vomiting (you know... "morning/all day sickness"); muscle cramping (the uterus is a very large muscle and when it cramps, those cramps can become stronger and cause premature contractions which can lead to miscarriage); and more urinary tract infections and constipation.

Breast-feeding mothers need additional water and fluid intake as well, to make an adequate milk supply for that little one. Coping with the demands of a new baby can be tiring, especially if you are breast-feeding. It is really important for mothers to make sure you are eating and drinking properly at this crucial time, so keep a big glass of water close at hand while enjoying the closeness of breast-feeding.

And when mom is busy looking after everyone else, it is often easy to forget to look after yourself. Rushing around, juggling work and home, results in the need for more water to replace that which is lost through perspiration. If you are not drinking enough, headaches and irritability will only add to the pressures of a hectic situation.

We lose water in several ways. In normal weather, we generally take in as much water as we use during normal activity, which is approximately 2 quarts per day. However, on a daily basis in WARM weather, we may still only take in 2 quarts a day, but we actually lose about 3 quarts per day and become dehydrated quickly. Anyone performing prolonged exercise can actually lose up to 7 quarts of water each day. Whereas you might not be running a triathlon, near the end of pregnancy when you get into that 'nesting' mode, it is absolutely amazing how much work you will do and how quickly you can become dehydrated. In addition to hot weather or exercise, please be aware that prolonged vomiting or diarrhea in pregnancy can cause abnormal water losses and can quickly lead to dehydration.

Unfortunately, we don't store water in our body, so the amount lost every 24 hours must be replaced to maintain not only your health and well-being, but that of your pregnancy and baby.

Watch for signs that your body needs more water. Symptoms of decreased water volume leading to dehydration:

Headache	Thirst
Nausea	Very strong thirst
Vague discomfort	Loss of appetite
Impaired physical performance	Difficulty concentrating
Dizziness	Excess perspiration
Extreme fatigue	Bloating

If you do not experience these symptoms, you can still be at risk for dehydration. Three signs of dehydration for the mom-to-be are:

- * Decreased urine output
- * Darker, concentrated urine
- * Not having to urinate when you have gone from Twentynine Palms to Yucca Valley

Don't wait for the signs, however, because you could need water before you get thirsty. And if you have any concern that you may be dehydrated, seek help immediately. Contact your health care provider, but most importantly, drink water, drink water, drink water.

Remember, you are pregnant, in the desert, in the summertime. Don't set yourself and your baby up for a very serious condition. Water is your best friend while you are pregnant.

Hydration: Help or Hype?

By Lt. Michael Mero, MS, RD
Nutrition Management Department
Robert E. Bush Naval Hospital

The sun is brilliantly shining, summer has officially begun...but when you open your door, you might as well be walking into the oven! While the temperature is climbing into triple digits, you are active outside, and yes, even moving; it is important to stay well hydrated.

During these high temperature months, both children and adults are at increased risk for developing heat-related illnesses. The human body is comprised of 50-75% water (about 10-12 gallons), so replenishing your body's water supply is critical for proper body function (i.e. maintaining adequate blood volume and energy levels).

Most people should consume 8-12 cups per day. However, the exact amount depends on your activity level, the outdoor temperature, and your body composition. If you are working, exercise, or playing outside, your hydration needs are higher. In addition, if you have more muscle than fat, you also need more liquid. And, of course, with hot days, the need further increases.

One quick estimation of hydration is the color of your urine. You want your urine to be to be pale to colorless. Other signs of dehydration are dry mouth, light-headedness, headache, fatigue, or muscle cramps. If symptoms are more severe than shortness of breath, increased body temperature, nausea, or incoherence; seek medical help immediately.

So, I bet you are asking yourself -- why is a Dietitian writing about hydration? The answer is simple -- there are recommendations as to what is the best type of beverage to consume: Water or other beverages.

Water vs. Other Beverages

Plain water is often not enough for proper hydration. An accumulation of research shows that sports drinks are better for maintaining hydration than drinking water alone. Water turns on the kidneys prematurely so you lose fluid in the form of urine much more quickly. The sodium content in a sports drink allows your body to hold onto the fluid you consume. Also, water does not provide energy (in the form of carbohydrates) which may be needed if you are exercising, playing, or working outside all day.

The small intestine is well designed for fluid and nutrient absorption. Once absorbed, fluids and nutrients are circulated by the bloodstream to the body's muscles and organs. The speed at which a beverage travels from the stomach into the small intestine depends on the calories and volume of beverage consumed.

Carbonated/sweetened sodas and fruit juices contain higher sugar contents (10% or more carbohydrate concentration). The higher sugar content slows fluid absorption and may cause stomach upset. Research shows that the 6% carbohydrate concentration in most sports drinks (like Gatorade) is optimal for rapid fluid replacement and improved performance.

Continued on page 6



Lt. Rosemary Frieson, right, General Surgery and Orthopedics Clinic, was recently honored at the Desert Nurse Appreciation Luncheon at the Annenberg Center for Health Sciences at the Eisenhower Medical Center.

Others Honored...

The following were also awarded honors, but were not able to attend the awards ceremony, they are:

Cmdr. Remedios Laborator, Multi-Service Ward, Navy and Marine Corps Commendation Medal.

Lt. Cmdr. Matthew Hannon, General Surgery Clinic, Navy and Marine Corps Commendation Medal.

Lt. Anne Lopez, Military Sick Call, Navy and Marine Corps Achievement Medal.

Lt. Charles Toler, Emergency Medicine Department, Navy and Marine Corps Achievement Medal.

HM2 Luis Fernandez, Preventive Medicine Department at the Branch Health Clinic China Lake, Navy and Marine Corps Achievement Medal.

HM3 Amber Coute, Health Care Operations, Navy and Marine Corps Achievement Medal.

HM3 Estrella Montes, Laboratory, Navy and Marine Corps Achievement Medal.

Hydration: Help or Hype?...

Continued from page 5

Therefore, the consumption of a sports drink has been shown to be more beneficial to one's health than just plain water. The outline below shows why sports drinks are more beneficial:

Water:

Flavor- Lack of flavor keeps you from drinking enough to fully re-hydrate

Carbohydrate - Provides no energy to enhance performance

Electrolytes: Sodium and Potassium -- Contains no sodium so water stimulates kidneys too soon so your body excretes the fluid faster -- Does not replace electrolytes

Sports Drinks:

Flavor - Has light flavoring which encourages people to drink more so they fully re-hydrate

Carbohydrate - Contains carbohydrate to provide energy to

working muscles

Electrolytes: Sodium and Potassium -- Contains a small amount of sodium which helps keep fluid in your system rather than losing it through urination - Replaces electrolytes lost in sweat

Children and Hydration

It is of the utmost importance to monitor your hydration, but also the hydration of your children. Compared with adults, children produce more heat relative to body mass during activities such as walking and running, they have a low sweating capacity, and their body core temperature rises at a higher rate during dehydration.

Here are some tips to help protect your children from the heat and dehydration:

* Encourage them to drink fluids (a combination of sports

drinks and water) before, during, and after sports and activities.

* Whether it is extremely hot or not, have your children drink on a schedule (approximately every 15-20 minutes during physical activity) because dehydration begins before they are thirsty.

* Make drinking fun by giving your child a squeeze bottle filled with a chilled beverage. To keep beverages cold, freeze half of the fluid the day before and then add the rest on the day of activity.

Further Hot Weather and Fluid Recommendations

Adequate fluid replacement helps maintain hydration and, therefore, promotes the health, safety, and optimal physical performance. Below are some recommendations to decrease the

risk of dehydration and heat-related illness:

* Allow for adaptation to the hot conditions. Gradually increase activities over a 10-14 day period. This helps train your body to drink more, increase blood volume, and sweat more efficiently.

* Wear loose-fitting, light-colored clothing to help promote heat loss.

* Do strenuous activity in the early morning or late evening.

* Monitor hydration status. Ideally, body weight should be taken before and after exercise and activities to determine the sweat loss. Check the color of your urine as well.

* Consume a nutritionally based diet and drink adequate fluids 24 hours before your activity.

* Drink 2 cups of fluid 2 hours before exercise to promote adequate hydration.

* During exercise, start drinking early and at regular intervals in an attempt to consume fluids at a rate sufficient to replace water and electrolytes lost through sweating (1 cup every 10-20 minutes).

* After exercise, drink 3 cups per pound of body weight lost through sweat.

* Ingested fluids should be cooler than 72 degrees F (room temperature) and flavored (sports drinks) to enhance the taste and increase consumption.

* Avoid carbonated beverages and fruit juices before and during and after exercise.

Hopefully this article opened your eyes to the importance of proper hydration while living out here in Twentynine Palms. If you follow the recommendation in this article during these increased temperatures, you will have a safe, fun, and healthy summer!

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VA Data Compromise...

Continued from page 2

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Other Web sites with more information on how to guard against identity theft include:

www.privacy.ca.gov/sheets/cis3_english.htm www.co.boulder.co.us/da/consumer/idtheft.htm

Heat Safety and Prevention...

Continued from page 1

appropriate levels of hydration for personnel performing activities] outdoors.

The three thermometers used in determining the WBGT are the dry bulb, which measures the overall air temperature; the wet bulb, which measures the wind velocity and humidity; and the globe thermometer, which provides a measure of heat produced from the sun and reflective surroundings.

The WBGT Index ranges from 80 to 90, with a particular colored flag assigned to different levels of the index. Within the range of 80 and 84.9 a green flag is flown, indicating general exercise can be conducted and discretion is required for all heavy exercises unless acclimatized to desert conditions. For an index between 85 and 87.9, a yellow flag is up, indicating that strenuous exercise and activity should be reduced for new, un-acclimatized personnel. This is recommended during the first three weeks of heat exposure. When a red flag is flying, the index is between 88 and 89.9. In these conditions strenuous exercise must be halted or reduced for personnel who haven't had up to 12 weeks to acclimatize.

Once the WBGT Index reaches 90, a Black flag is flown, in which case it is prescribed that physical training and strenuous exercise be suspended for all personnel (excluding operational commitment not for training purposes). When there's a black flag up, the weather conditions are too dangerous for exercise or movement outside. For personnel wearing body armor or Nuclear, Biological and

Chemical protective clothing, add approximately 10 degrees to the measured WBGT Index. For all personnel, military or civilian, proper hydration is strongly recommended and prescribed in advance of any strenuous outdoor activity. Additionally, throughout the activity it is recommended that individuals be allotted periodic breaks to maintain hydration.

It's not just sunburns that people should worry about when playing or exercising outside. Other heat related injuries such as skin trauma, heat rash, dehydration, and fatigue can be avoided through proper precautionary measures and awareness as to the conditions during outdoor operations. To avoid heat cramps, which are a result of excessive water and salt loss from the body due to extreme sweating, constant hydration is a must. In all cases, do not depend on your feeling of thirst to begin drinking. Thirst is a late response to fluid depletion.

If left untreated, heat cramps can turn into heat exhaustion, a more severe form of heat cramps. Heat exhaustion includes weakness, exhaustion, headaches, dizziness, and profuse sweating. The final form of heat exhaustion is a heat stroke, which can result in death, due to the bodies overheating without respite from the harsh environment.

Knowing the risks associated with current outdoor conditions and then taking the proper precautionary measures can make all the difference in safeguarding your own personnel health and that of your shipmates, families, and friends. For more information on what the current WBGT Index temperature is, call (760) 830-1780 or point your web browser to: <http://164.167.141.93/29palms/>.

Hail and Farewell...

Continued from page 6

HA J. Harris
HA G. Wynn
HA D. Scott
HR D. Hamby
HR D. Guimond
HR G. Ogden
HR J. Vance
HR M. Saavedramarquez

Lt. W. Sauve
Lt. D. Byers
HMC A. Ocampo
HM1 J. Jackson
SK1 C. Bailey
CS2 J. Lee
HM2 F. Mora
HM2 G. Aleman
HM3 K. Franklin
HM3 S. Rojek
HM3 E. Martine
HM3 S. Schneider
CSSN L. Johnson
HN S. Cloud-Morrison
HN D. Tillman
HN D. Baron
HN S. Hall
HN T. Quick
HN J. Robertson

Farewell

Capt. D. Norman
Lt. Cmdr. E. Sirois
Lt. Cmdr. R. Carlin
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Captain Robert J. Engelhart, Commanding Officer, Robert E. Bush Naval Hospital, speaks to Rick Bush, son of Robert E. Bush, at the recent Hospital Corps Birthday Ball at Laughlin, Nevada.

Hospital Corps Birthday Dedicated to the Memory of Robert E. Bush

In a poignant ceremony recently held at the Riverside Hotel and Casino in Laughlin, Nevada, memories of a favorite member of the command was recalled.

The Robert E. Bush Naval Hospital's 108th Hospital Corps Birthday Ball was dedicated to Bush and his family, some of whom were present, son and daughter-in-law, Richard 'Rick' and Renee Bush, daughter Susan Ehle, and grandson, Ryan Niemi.

Last November Robert E. 'Bob' Bush, the name sake of the hospital located at the Marine Corps Air Ground Combat Center in Twentynine Palms, passed away. Since this command honored Bush by dedicating this hospital to him in 2000, he has played a part in almost every command event, from change of command ceremonies to awards ceremonies. "Even though Bob has passed on, his presence was very much felt at our Birthday celebration," said Captain Robert J. Engelhart, Commanding Officer, Robert E. Bush Naval Hospital.

As a snowbird, Bush divided his time from his homes in Washington State, and locally in Indio, Calif., a desert community located not far from the Robert E. Bush Naval Hospital.

"Sometimes Bob would call my secretary to let her know he was on the way up to visit, so we would adjust our schedules to make the most of that visit," said Engelhart. "Our staff was always thrilled when he came up. Our young Corpsmen would flock to him for an autograph or to have their photo taken with him," Engelhart added. "And Bob really loved those young Corpsmen, and they loved him... he will be missed but not forgotten."

Life's Lesson...

Time might be a great healer... but it's a lousy beautician!

Thanks for a Successful Navy and Marine Corps Relief Fund Drive

Congratulations to the following people for another successful Navy-Marine Corps Relief Society Fund Drive:

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